



Save  
the  
Dates!

Great American  
Smoke Out  
Nov. 12

Wear Pink Day!  
(In honor of Breast  
Cancer Awareness Month)  
Oct. 25



## this issue

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## Message from Dr. Jett

In the September 2013 issue of the *American Journal of Public Health*, authors of an article entitled *Giving to Others and the Association Between Stress and Mortality*, concluded the following:

"Helping behavior, along with other types of social interaction, is associated with positive health outcomes, including reduced mortality. For example, volunteering predicts increased self-rated health and longevity. Engaging in helping behavior versus not doing so predicts lessened associations between grief and subsequent depression, financial difficulties and mortality. Research has indicated that helping behavior predicts favorable health outcomes as well, even if that help occurs in a stressful context such as long-term caregiving. The health benefits of helping behavior derive specifically from stress buffering processes. Specifically, our finding that helping behavior serves as a stress buffer suggests that helping behavior provides unique psychosocial benefits that promote health. Psychosocial benefits of social connectedness have often been described in terms of feelings of support or belonging. Providing help to others appears to promote the helper's health, even when there is statistical control for plausible

confounds such as baseline physical health and functioning or receiving support from others."

In essence, we as healthcare providers and workers are not only providing services and assistance to the clients that come through our doors and their families, we are benefitting ourselves. Through our actions both on and off the job, whenever we engage in helping behavior, be it providing a service, lending a hand or offering an ear we are improving our own individual health outcomes! This is a Win-Win situation. Continue to do great things DOH-Seminole!

Health Officer  
Florida Department of  
Health in Seminole County





## Items of Note



Chastity Thompson, a recent addition to our volunteer staff at the Health Department, is working with our BCCPEDP program where she is assisting by seeing clients, answering questions and performing clerical duties. In addition to volunteering here, Chastity is a nurse with the Progressive Care Unit at South Seminole Hospital where she began in May. Before moving to Central Florida she lived in New Jersey where she attended Rutgers University receiving a degree in Infomatics. Chastity describes herself as a "career changer". In addition to graduating from Rutgers, she attended the University of Medicine and Dentistry of New Jersey where she received her RN degree. She has been active in various public outreach efforts such as health fairs, soup kitchens, etc. Public Health Nursing is her passion and she sees her future in Public Health and in serving the community.

I asked Chastity if there had been someone that inspired her with respect to Public Health. She stated that her Community Health professor, Dr. Cindy Sickora, was one such person. Dr. Sickora started a community health clinic in the projects of Newark as a student nurse. Today, the Jordan and Harris Community Health Center provides comprehensive, health services to residents of the Hyatt Court, Pennington Court and Terrell Homes public housing facilities in Newark. The health center helped bridge the gap between health care providers and the community where lack of trust had been a major obstacle to clients having their healthcare needs met.

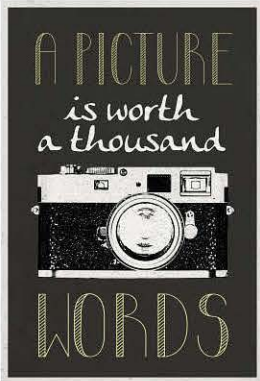
Thank you Chastity for bringing your passion for public health to us as a volunteer with the Florida Department of Health in Seminole County!



WIC Program leaders in Tallahassee continue to prepare for the statewide rollout of FL WiSE (Florida WIC information System and EBT) over the next 6 months. While the foundation of the WIC Program, provision of nutrition education and healthful foods will remain the same, the new system will completely overhaul how WIC works. With FL-WiSE, staff will transition to a modernized computer program as the 20 year old WIC Data System is phased out, and clients will enjoy the convenience of using an EBT card to purchase their WIC foods instead of WIC checks. Pilot sites in Dade County began testing the new system in July. Pending USDA Office of Food and Nutrition Service final approval, the program will go live in the rest of Miami-Dade in November and then work its way north as additional counties convert each month through March.

Seminole County will go live with FL-WiSE on February 3, 2014 along with the rest of the I-4 corridor. Designated "Super Users" will attend training in Tallahassee in the fall and will return home prepared to lead the rest of our team through the transition. Our WIC Department is very excited about the upcoming changes and are confident that their clients are going to love it as well!





## TEAM MODE CAR WASH



## Hispanic Heritage Celebration Luncheon





# 2nd Annual Breast & Cervical Cancer Survivor's Celebration



## "Take a Loved One to the Doctor"



### Comment/Suggestions

"Take a loved one to the doctor" was a very fun and encouraging day for me. I came to do the testing but the information and warm setting was so much more fulfilling. I had a great day today thanks to the welcoming smiles of the staff and the fun filled atmosphere. The prizes were a bonus. PS.





## October Birthdays

Jim Lanphier - Oct 1

Sherene Saunders - Oct 1

Selenita Delgado - Oct 6

Michelle Bryant - Oct 9

Joan York - Oct 10

Sheryl Brewer - Oct 13

Michael Farnes - Oct 15

Joyce Pellar - Oct 17

Mary Ann Rosenbauer - Oct 18

Sakialynn Johnson - Oct 27

Gloria Perez - Oct 28

Sonja Rhames - Oct 29

Betty Chillon - Oct 30

Michelline Zeigler - Oct 30

Udgit Mehta - Oct 31

**We wish you  
many happy  
returns!**

## Teenage Outreach Program

The TOP team, in collaboration with the Seminole County School District, is finalizing details to begin implementation of TOP at three new sites: Journeys Academy, Dept. of Juvenile Justice and Eugene Gregory Memorial Academy. Sherene Saunders will be facilitating approximately 7 teen groups in addition to 2 groups already being offered at The Grove Counseling Center.

LaMiriam Johnson has already begun her monitoring and observation rounds in her assigned TOP Region 2. The counties she monitors include Flagler, Suwannee, Bradford, Union, Baker and Putnam. As TOP Regional Coordinator, LaMiriam is required to observe and monitor TOP implementation in 10% of all TOP groups being conducted in her assigned region, in addition to conducting trainings and providing technical support.



Our health department was granted a \$2,000 Target grant for our Reach Out and Read program. We applied for this grant earlier this year. This grant will allow us to secure more books for our clinic and the little ones that visit us every day. The Reach Out and Read program began in 1990 as an early literacy initiative to encourage pediatric providers to share advice with parents during well-child visits about the importance of reading out loud, exposure to books and early child development for children between ages of 6 months to 5 years. During the past 6 months our Reach Out and Read program has provided developmentally appropriate books to approximately 400 children and their families.

## School Health



- ◆ The School Health program completed contract negotiation with Seminole County Public Schools. The school district will now be able to hire 2 additional clinic aids for schools and provide behavioral health counseling at all 10 full service school sites.
- ◆ School Health nurses are now visiting private schools to ensure immunization record compliance for kindergarten and 7<sup>th</sup> grade students.
- ◆ They are programming health screenings for the school year. The School Health program conducts health screenings for Seminole County students at 12 middle schools, 36 elementary schools and 3 charter schools.



Compiled and edited by Pranav Mehta. If you have any comments and/or suggestions please feel free to send them along. This newsletter reflects us as an organization and needs everyone's contribution. Thank you all for your time and effort.  
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